

Waxing

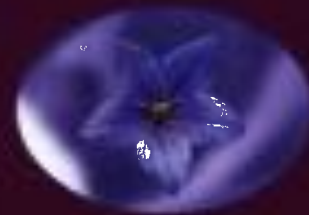
Half Leg, Knees & Toes	£15
Upper Half Leg	£16
Full Leg	£25
Full Leg & Bikini	£30
Bikini	£12
Extended Bikini	£15
Underarm	£9
Eyebrow	£8
Upper Lip	£7
Chin	£7
Upper Lip & Chin	£12
Forearm	£11
Full Arm	£15



Tinting

(a 24 hour patch test is required before treatment)

Eyelash Tint	£10
Eyebrow Tint	£7
Eyelash & Eyebrow Tint	£15
Eyebrow Tint & Shape (includes wax or pluck)	£18



Inner Health, Outer Beauty

Massage/Beauty
Therapist & Foot
Health
Practitioner

FHT & IHHT
qualified, fully
insured

Please give 24 hours notice of any cancellations. Payment is by Cash, Cheque or Card. Loyalty Scheme available. Vouchers are available to purchase for all treatments.

Tel: 01730 895663
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www.inner-health.co.uk

Body Treatments

Back, Neck & Shoulders	30 min	£25
	45 min	£33
	60 min	£40
Full Body Massage - For muscular aches & pains using Infra red to relieve pain of stiff joints using a unique Emu oil anti inflammatory massage blend		
Aromatherapy Massage using specifically blended essential oils tailored to your needs	30 min	£30
	60 min	£40
Hot Stone Massage - using smooth heated Basalt stones for a deeply relaxing massage	45 min	£35
	60 min	£40
Trigger Point Massage - gets rid of knots & eases muscle tightness	45 min	£35
Hands Free Massage - working deeply & gently - the Gentle Giant of massages - powerful & energising	45 min	£35
Indian Head Massage - using Ayurvedic techniques to back, arms, neck, head & face	45 min	£26
Ear Candles - holistic treatment to help clear imbalances in the ear, nose & throat - includes Acupressure face massage	45 min	£28
Chinese Reflexology - firm pressure & sweeping movements are used to stimulate & energise the body. A real boost for the Immune System	60 min	£35
Detoxing Body Wrap - using seaweed to cleanse & detox the body, followed by a body brush & massage with healing Manuka lotion	60 min	£30

Luxury Manual Tan

Fake Bake Flawless (includes cleanse/ exfoliation & massage)	60 min	£32
Half Body		£16
Just Legs		£12

cleanse, scrub, masque & massage

Body Glow Massage - Cleanse & Scrub of back, with hot towels applied to back, legs & feet with revitalising back and foot massage

60 min £39

Zen Back Relief - Deep tissue massage using rolling techniques & Reviber Zen Physio massager

45 min £35

Top & Tail - ½ hour back, neck & shoulder massage plus ½ hour Reflexology

60 min £45

Rahanni Celestial Healing - works on a higher vibration & deeper level than any other healing modality at this time. Works on the mental, emotional & physical aspects of yourself

45 min £30

Facial Treatments (*) All facials include scalp, neck, shoulders, hands & foot massage

Holistic Facial - Combines the benefits & techniques of a traditional facial with the relaxing effects of Aromatherapy & balancing effects of Acupressure & Crystals (*)

60 min £32

Non Surgical Rejuvenation Face Lift Massage - facial workout to tone & tighten muscles using Ayurvedic & Acupressure techniques(*)

60 min £39

Paraffin Wax Facial - intensely moisturising, using Apricot Kernel Oil, collagen masque & infrared heat(*)

75 min £40

Fire & Ice Hot Stone Facial - a deep cleanse & exfoliation is followed with hot basalt & cold marble stones applied for a deeply penetrating massage(*)

75 min £45

Liz Earle Facial - Deep cleanse, exfoliation, masque, serum & moisturiser (*)

60 min £35

Wild Ferns of New Zealand, Manuka Honey Facial - Deep cleanse, exfoliation, masque, serum & moisturiser(*)

60 min £35

masque, serum & moisturiser (*)

Hand Treatments

File & polish - a quick fix for nails. A classic nail file, shape & polish & you're ready to go

30 min £15

Hydrate the hands - a luxurious treat for dry hands using essential oils of warmed Apricot Kernel oil & vitamins to hydrate & condition hands & nails (no polish)

45 min £22

Manicure includes nail shaping, cuticle work, exfoliation, relaxing hand & arm massage & polish

60 min £25

Luxury Paraffin Wax treatment Give your hands or feet an intense moisturising treatment to improve circulation, rheumatoid conditions & hydrate hard skin & cracked heels

60 min £35

Paraffin Wax Hand or Foot Treatment

45 min £20

Medical Foot Health Treatment

Foot Health treatment - Suitable for men, women & the elderly if you have problems with hard skin, cracked heels, ingrown/overgrown nails, corns, calluses, thickened nails, fungal nail & general nail care advice

40 min £25

Medi-Pedi - Nail cutting & filing, cuticle work, corns or hard skin removed, exfoliation & creamed + polish of your choice

60 min £35

Luxury Medi-Pedi - Nail cutting & filing, cuticle work, corns or hard skin removed, exfoliation + Emu Oil massage + hot booties to soften & hydrate feet (No polish)

75 min £40

